



It's easy with free Online Group Coaching

Join our Weight Management Series right from your computer!



The Weight Is Over

- Sessions are 30 minutes a week for 6 weeks
- See and hear your health coach during each class
- Ask questions and get the answers live
- Start living the healthier life that you deserve!

Your 6 week program starts Tuesday January 10 at 12:00PM AKT

Registration REQUIRED: [REGISTER HERE](#)

Space is limited!

Participants completing all 6 sessions will be entered to win a \$50 Amazon e-gift card*

*Sweepstakes Rules: No purchase necessary. A purchase will not increase your chances of winning. Legal residents of the 50 United States (D.C) 18 years and older are invited by the sponsor to participate. Void where prohibited. Sponsor: ActiveHealth Management, Inc., 1333 Broadway, 4th floor, New York, NY 10018

See other side for sign up instructions and class descriptions

Ready to start getting healthy?

1. Register using the link above.
2. Enter your registration information and click on "register".
3. Check your email for your registration confirmation email.
4. The day of class, follow the WebEx link provided to you and follow instructions to join the audio portion.
5. Come prepared to learn, interact, and have fun!



Program details:

WEEK 1

Why Weight? How to eat better and start losing weight. An overview of weight management and the benefits of watching your weight. You'll learn all about sources of energy, including carbohydrates, fats and proteins.

WEEK 2

The balancing act: nutrition and exercise

Why balancing your diet is good for your health--and how the "MyPlate" food guide can help. You'll learn the advantages of being active and how to assess your activity goals and levels.

WEEK 3

Daily living: Building healthy habits every day

We'll talk about how to make physical activity an important part of your daily life. You'll learn how healthy eating and physical activity can work together to help.

WEEK 4

On the go: Tips for grocery shopping and dining out

Helpful tips for grocery shopping and eating healthy when away from home. We'll also discuss the importance of mindful eating strategies for managing your weight.

WEEK 5

Yes, you can! Taming temptations and thinking positive

Keys to identifying the triggers for eating and physical activity behaviors. You'll also learn how negative thoughts influence your behavior--and how to stop them.

WEEK 6

On top for your life: Managing stress and staying

A discussion of coping strategies, and how stress can affect lifestyle behaviors. We'll review key learnings from this series and talk about managing your weight for the long-term.

Online Group Coaching

It's free. It's easy. And it just may change your life.

